



How Can YOU Help Penguins?

You can help by making sustainable seafood choices!

We recommend visiting SeafoodWatch.org



Humboldt Penguins

Penguins have webbed feet and use their legs and tail like rudders for steering as they swim! Humboldt Penguins eat many pelagic fish species and dive down to catch fish. They can dive down to 30 meters. These penguins can swim 15 mph and stay underwater for 18 minutes!